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## Plagiocephaly and Craniosynostosis Treatment (for Louisiana Only)

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[Instructions for Use](#)

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### Application

This Medical Policy only applies to the state of Louisiana.

### Coverage Rationale

~~Cranial orthotic devices~~ ~~The following are proven and medically necessary~~ ÷

- ~~• Cranial orthotic devices for treating infants with the following conditions:~~
  - ~~○ Craniofacial asymmetry with severe (non synostotic) Positional Plagiocephaly when all of the following criteria are met:~~
    - ~~▪ Infant is between 3-18 months of age~~
    - ~~▪ Severe Plagiocephaly is present with or without torticollis~~
    - ~~▪ Documentation of a trial of conservative therapy of at least 2 months duration with cranial repositioning, with or without stretching therapy~~
  - ~~○ Craniosynostosis (i.e., synostotic Plagiocephaly) following surgical correction~~

~~Cranial orthotic devices used for treating infants following craniosynostosis surgery or with mild to moderate Plagiocephaly do not improve physiologic function and are considered cosmetic.~~

~~**Note:** Refer to the Description of Services section for nonsynostotic (nonfusion) additional information regarding anthropometric measurements and the cephalic index graph. Please see the related policies link above for detailed information related to repair and replacements of cranial orthotic devices.~~

## Definitions

**Craniosynostosis:** ~~Craniosynostosis is a non-positional cause of abnormal head shape in infants and occurs when one or more of the sutures in the infant's skull fuse prematurely. The premature fusion of one or more sutures puts pressure on the brain, potentially restricting brain growth and exerting pressure on the other skull bones to expand out of proportion, leading to abnormal skull shape. This can result in neurologic damage and progressive craniofacial distortion.~~

~~The involved suture and anatomical name is listed below for the types of Craniosynostosis:~~

- ~~Primary Craniosynostosis (PC) is a general term for the improper development and premature closure of sutures of the bones of the skull.~~
- ~~Simple (or isolated) Craniosynostosis classifications include:~~
  - ~~Sagittal or scaphocephaly (cephal="head") — scaphocephaly (boat-shaped) — dolichocephaly (long)~~
  - ~~Coronal (bilateral) — brachycephaly (short)~~
  - ~~Coronal (unilateral) — Plagiocephaly (diagonal)~~
  - ~~Coronal (anterior Plagiocephaly)~~
  - ~~Metopic trigonocephaly (triangle-shaped)~~
  - ~~Lambdoidal (bilateral) — posterior or occipital brachycephaly~~
  - ~~Lambdoidal (unilateral) — posterior or occipital Plagiocephaly~~
- ~~Compound Craniosynostosis~~

**Plagiocephaly:** ~~Plagiocephaly (an asymmetrical head shape) is most often the result of infant spending extended periods of time on their back, typically during sleep. Plagiocephaly can also occur as a feature of other disorders (e.g., craniofacial disorders, torticollis, and cervical anomalies) and is categorized as either positional or non-positional (premature union of cranial sutures).~~

**Positional Plagiocephaly:** ~~Positional Plagiocephaly, also called deformational or positional plagiocephaly. For medical necessity clinical coverage criteria, refer to the InterQual® CP: Durable Medical Equipment, Orthoses, Cranial Remodeling~~ ~~Plagiocephaly or positional cranial deformity (PCD), results from external pressure (molding) that causes the skull to become misshapen. It is most often associated with infants sleeping or lying on their backs. Supine positioning is recommended as a strategy to reduce the likelihood of SIDS, and has contributed to the increased incidence of post-natal Plagiocephaly. Plagiocephaly can also occur as a feature of other disorders (e.g., craniofacial disorders, torticollis, and cervical anomalies). Positional skull deformities are generally benign, reversible head-shape anomalies that do not require surgical intervention.~~

[Click here to view the InterQual® criteria.](#)

[For surgical treatment to repair craniosynostosis \(CPT Code 21175\) refer to the Cosmetic and Reconstructive Procedures \(for Louisiana Only\) Medical Policy.](#)

[For repair or replacement of cranial orthoses refer to the Durable Medical Equipment, Orthotics, Ostomy Supplies, Medical Supplies and Repairs/Replacements \(for Louisiana Only\) Medical Policy.](#)

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~~**Severe Plagiocephaly:** An asymmetry of 10 mm or more in one of the following anthropometric measures: cranial vault, skull base, or orbitotragial depth; or a cephalic index of at least 2 standard deviations above or below the mean for the appropriate gender/age. Clinical evidence demonstrates improved surgical outcomes with use of the orthotic.~~

## Applicable Codes

The following list(s) of procedure and/or diagnosis codes is provided for reference purposes only and may not be all inclusive. Listing of a code in this policy does not imply that the service described by the code is a covered or non-covered health service. Benefit coverage for health services is determined by federal, state or contractual requirements and applicable laws that may require coverage for a specific service. The inclusion of a code does not imply any right to reimbursement or guarantee claim payment. Other Policies and ~~Coverage Determination~~ Guidelines may apply.

CPT Code	Description
21175	<del>Reconstruction, bifrontal, superior-lateral orbital rims and lower forehead, advancement or alteration (e.g., plagiocephaly, trigonocephaly, brachycephaly), with or without grafts (includes obtaining autografts)</del>

*CPT® is a registered trademark of the American Medical Association*

CDT Code	Description
<del>*D5924</del>	Cranial prosthesis

*CDT® is a registered trademark of the American Dental Association*

HCPSC Code	Description
<del>*L0112</del>	Cranial cervical orthosis, congenital torticollis type, with or without soft interface material, adjustable range of motion joint, custom fabricated
L0113	Cranial cervical orthotic, torticollis type, with or without joint, with or without soft interface material, prefabricated, includes fitting and adjustment
<del>*S1040</del>	Cranial remolding orthosis, pediatric, rigid, with soft interface material, custom fabricated, includes fitting and adjustment(s)

**Codes labeled with an asterisk (\*) are not on the Louisiana Medicaid Fee Schedule and therefore may not be covered by the state of Louisiana Medicaid Program.**

## Description of Services

### Non-Synostotic Positional Plagiocephaly

~~Positional plagiocephaly is treated conservatively and many cases do not require any specific treatment as the condition may resolve spontaneously when the infant begins to roll over and, later, to sit up. When the deformity is moderate or severe and a trial of repositioning the infant has failed, a specialist in craniofacial deformities may prescribe a cranial orthotic device (COD) to remodel the misshapen head.~~

## **Treatment for Positional Plagiocephaly**

Treatment for positional plagiocephaly is based on the age of the infant and the severity of the deformity. The optimal treatment is prevention through active counter positioning of sleeping babies until they are able to move their heads freely during sleep, usually by six months of age.

While no accurate estimates of the incidence of positional plagiocephaly are currently available, the supine sleeping position, currently recommended by the American Academy of Pediatrics (AAP) to reduce the risk of SIDS, has been associated with an increased frequency of positional plagiocephaly due to pressure of the back of the head against a firm mattress. Prevention and management of positional skull deformities in infants, includes anticipatory counseling for parents, mechanical adjustments, and exercises (Laughlin et al., 2011).

## **Plagiocephaly with Synostosis**

Craniosynostosis is characterized by the premature closure of one or more of the fibrous joints between the bones of the skull (called the cranial sutures) before brain growth is complete. Closure of a single suture is most common. In contrast to normal skull growth, in which the skull expands uniformly to accommodate the growth of the brain, premature closure of a single suture restricts the growth in that part of the skull and promotes growth in other parts of the skull where sutures remain open. This results in an abnormal shape of the skull, but does not prevent the brain from expanding to a normal volume. However, when more than one suture closes prematurely, the skull cannot expand to accommodate the growing brain, which leads to increased pressure within the skull and impaired development of the brain (National Institute of Neurological Disorders and Stroke NINDS, 2017).

Craniosynostosis requires surgical treatment to open the prematurely closed suture(s) in order to allow for normal brain growth (NINDS, 2017; Clayman et al., 2007). The major complications associated with uncorrected craniosynostosis include increased intracranial pressure and abnormal brain development.

Surgical treatment of craniosynostosis has evolved from simple excision of the stenosed suture to complex procedures such as cranial vault remodeling and fronto-orbital advancement. Cranial vault remodeling involves removal of the fused suture, multiple osteotomies and remodeling of the skull using plates and screws as necessary. These operations are usually recommended for infants aged 6 to 8 months, are lengthy (4-8 hours), and associated with significant blood loss (300-1500mL), need for blood transfusions and can require hospitalization for 4-7 days (Clayman et al., 2007).

Spring-mediated cranioplasty is a minimally invasive alternative to the standard surgical procedure for craniosynostosis. Two dynamic springs made of steel are fashioned in the operating room by the surgeon and placed in the gap left by the removal of the fused suture. The child has a second, smaller operation to remove the 2 springs approximately 3-4 months after the initial procedure (Lauritzen et al., 1998).

Endoscopic strip craniectomy is another recently developed, less invasive surgery to treat craniosynostosis. The principal goal of this procedure is to remove stenosed sutures, and to allow the skull to expand into a normal shape as the brain grows. After surgery, the infant wears a customized helmet for 11 to 12 months to guide and constrain this expansion and correction process. The procedure is best performed when the infant is < 6 months old (Jimenez et al., 2000).

~~CODs have also been used after traditional surgery for craniosynostosis. The devices are used to protect the remodeled skull, prevent recurrence of the deformity, and promote corrective reshaping. In this case, they are used to maintain the remodeling accomplished by surgery, rather than to reshape the skull.~~

~~A standard method of measurement for plagiocephaly and craniosynostosis has not been adopted. Methods include the use of clinical observation and precision calipers. Other methods include the use of elastic and low temperature thermoplastic bands wrapped circumferentially around the widest point of the head which may then be digitized by photography, photocopied, or scanned to allow measurement and head shape to be analyzed. (McGarry et al., 2008)~~

### Evaluation of Plagiocephaly

~~The diagnosis of the type of craniosynostosis is confirmed through physical examination and imaging studies.~~

~~Anthropometric data, or the measurements used to evaluate abnormal head shape by measuring the distance in millimeters from one pre-designated point on the face or skull to another, must document moderate to severe plagiocephaly.~~

~~The evaluation of cranial asymmetry may be based on 1 or more of 4 anthropometric measures: cranial vault, skull base, orbitotragial depth measurements or the cephalic index.~~

Specifications for Taking Anthropometric Measurements	
Anthropometric Measure	Measurement
Cranial Vault	<del>{left frontozygomatic point (fz) to right euryon (eu)} minus {right frontozygomatic point (fz) to left euryon (eu)}</del>
Skull Base	<del>{subnasal point (sn) to left tragus (t)} minus {subnasal point (sn) to right tragus (t)}</del>
Orbitotragial Depth	<del>{left exocanthion point (ex) to left tragus (t)} minus {right exocanthion point (ex) to right tragus (t)}</del>

~~Evaluation of cranial asymmetry may also be based on the cephalic index, a ratio between the width and length of the head. Typically, head width is calculated by subtracting the distance from euryon (eu) on one side of the head to euryon on the other side of head and multiplying by 100. Head length is generally calculated by measuring the distance from glabella point (g) to opisthoecranion point (op). The cephalic index is then calculated as:~~

$$\text{Head width (eu - eu)} \times 100 \text{ Head length (g - op)}.$$

~~The cephalic index is considered abnormal if it is 2 standard deviations above or below the mean measurements (Farkas and Munro, 1987).~~

Cephalic Index (AAOP, 2004)						
Gender	Age	-2SD	-1SD	Mean	+1SD	+2SD
Male	16 days-6 months	63.7	68.7	73.7	78.7	83.7
	6-12 months	64.8	68.7	78.0	84.6	91.2

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<del>Cephalic Index (AAOP, 2004)</del>						
	<del>13-18 months</del>	<del>Apply the 12 month measurements for children 13-18 months of age</del>				
Female	<del>16 days-6 months</del>	<del>63.9</del>	<del>68.6</del>	<del>73.3</del>	<del>78.0</del>	<del>82.7</del>
	<del>6-12 months</del>	<del>69.5</del>	<del>74.0</del>	<del>78.5</del>	<del>83.0</del>	<del>87.5</del>
	<del>13-18 months</del>	<del>Apply the 12 month measurements for children 13-18 months of age</del>				

### **Patient Selection Criteria**

~~There are no definable standard criteria for starting helmet therapy. Treatment decision is influenced more strongly by factors other than medical evidence, such as physician preference (Kim et al., 2013).~~

## **Clinical Evidence**

### **Cranial Orthotic Devices (CODs)**

~~CODs are used in infants for the treatment of positional plagiocephaly, deformation of the head that results from external pressure applied to the soft infant skull.~~

~~Lam et al. (2017) performed a retrospective chart review of their single institutional experience (2008-2014) analyzing improvements associated with various treatment modalities for positional plagiocephaly. . Univariate and multivariate analyses were used to assess the impact of these variables on the change in measured oblique diagonal difference (ODD) on head shape surface scanning pre- and posttreatment. A total of 991 infants < 1 year of age (average age 6.2 months) were evaluated for cranial positional deformity in a dedicated clinical program. The most common deformity was occipital plagiocephaly (69.5%), followed by occipital brachycephaly (18.4%) or a combination of both (12.1%). Recommended treatment included repositioning (RP), physical therapy (PT) if indicated, or the use of a customized cranial orthosis (CO). Of the 991 eligible patients, 884 returned for at least 1 follow-up appointment and 552 patients were followed to treatment completion. Of the 991 patients, 543 (54.8%) had RP or PT as first recommended treatment. Of these 543 patients, 137 (25.2%) transitioned to helmet therapy after the condition did not improve over 4-8 weeks. In the remaining cases, RP/PT had already failed before the patients were seen in this program, and the starting treatment recommendation was CO. At the end of treatment, the measured improvements in ODD were 36.7%, 33.5%, and 15.1% for patients receiving CO, RP/PT/CO, and RP/PT, respectively. Orthotic treatment corresponded with the largest ODD change, while the RP/PT group had the least change in ODD. Earlier age at presentation corresponded with larger ODD change. The authors concluded that obtaining treatment at an earlier age as well as the type of treatment utilized impacts the degree of measured deformational head shape correction in positional plagiocephaly. This study suggests that treatment with a custom CO can result in more improvement in objective measurements of head shape.~~

~~Freudlsperger et al. (2016) investigated the impact of starting age and severity on the effectiveness of helmet therapy. A total of 213 pediatric patients treated for positional plagiocephaly with an asymmetry were measured according to the Cranial Vault Asymmetry Index (CVAI) using 3D-Photogrammetry. Patients were classified by age at which treatment was started: Group 1 was comprised of patients < 24 weeks; Group 2, those aged 24-32 weeks; Group 3, those aged >32 weeks. Groups were also categorized by severity. Mean initial CVAI was 9.8%, which reduced to 5.4% after helmet treatment. Group 1 showed the highest absolute and relative rate of correction. Within the groups, severity correlated positively with relative and absolute reduction of the asymmetry. A significant~~

~~difference in the reduction of the CVAI depending on age was only seen in moderate and severe cases of plagiocephaly, but not in mild plagiocephaly. The authors concluded the present study confirms the effectiveness of helmet therapy for positional plagiocephaly. The use of an orthotic device is an appropriate treatment option particularly in infants with severe plagiocephaly and a start of helmet therapy before the age of 6 month is advisable.~~

~~Ho et al. (2016) conducted a retrospective review on data from a single institution (2009-2012) to investigate the effectiveness of helmet therapy compared to no helmet therapy in the treatment of positional plagiocephaly in infants <1 year of age. Participants included 171 infants with positional plagiocephaly (127 males, 44 females). Eighty four patients received a helmet while 87 were not prescribed any therapy. The decision to initiate helmet therapy was made by the clinician based on the examination, parents' wishes, and recommendation of the orthotist. Mean age at the initial consultation was 7.38 months with an average follow-up length of 5.85 months. Those with helmets had a longer mean follow up than those without (7.78 versus 3.85 months). In general, there was a reduction in overall plagiocephaly score regardless of whether or not the infant had helmet therapy. This suggests that while the cosmetic abnormalities resulting from positional plagiocephaly improved in both groups, those with helmets may have had a greater benefit. The authors concluded that there may be a role for helmet therapy in the treatment of positional plagiocephaly, particularly in those with severe cosmetic deformity. However, further randomized controlled trials are required to produce more conclusive evidence.~~

~~Lipira et al. (2010) used whole head 3D surface scans to compare outcomes of orthotic helmets and active repositioning in 70 infants with deformational plagiocephaly. Helmeted (n=35) and nonhelmeted/actively repositioned (n=35) infants were matched for severity of initial deformity. Change in mean and maximum asymmetry with treatment was the basis for group comparison. The helmeted group had a larger reduction than the repositioned group in both maximum (4.0% vs 2.5%) and mean asymmetry (0.9% vs 0.5%). The greatest difference was localized to the occipital region. The authors concluded that additional studies are needed to establish the clinical significance of these quantitative differences in outcome, define what constitutes pathologic head asymmetry, and determine whether superiority of orthotic treatment lasts as the child matures.~~

~~In a study of 1050 infants, Couture et al. (2013) reported successful use of off-the-shelf helmet therapy. Infants with an Argenta classification type I (minimal deformity) were treated with repositioning while infants with an Argenta severity rating of II-V were treated with a helmet. Correction (overall rate of 81.6%) took longer in patients with an Argenta severity of III, IV, and V compared with Argenta type II, but was not significantly affected by age.~~

~~Kluba et al. (2011) enrolled 62 infants with severe positional plagiocephaly in a prospective longitudinal study. Twenty-four started helmet therapy before 6 months of age (group 1) and 38 were older than 6 months (group 2). Duration of therapy was significantly shorter in group 1 (14 weeks) compared with group 2 (18 weeks) with significantly better outcomes. The Cranial Vault Asymmetry Index in group 1 was reduced to a normal mean value while infants in group 2 did not achieve normal values. The relative improvement in asymmetry was significantly better in group 1 (75% compared with group 2 (61%). After 4 to 11 weeks of treatment, group 1 already showed a better absolute reduction and a better relative reduction. The authors concluded that optimal starting age for helmet therapy in infants with severe positional plagiocephaly is in months 5 to 6. They also conclude that delaying the onset of treatment significantly deteriorates the outcome.~~



~~Graham et al., (2005) compared the effect of repositioning versus helmet therapy on CI in 193 infants referred for brachycephaly. Among the subgroup of 96 infants treated by repositioning from an average age of 4.6 -7.7 months, the mean initial CI was 86.3% and the mean final CI was 85.7%. The change in CI was not significant. Among the subgroup of 97 infants treated with helmets from an average age of 6.0-10.3 months, the mean initial CI was 91.5% and the mean final CI was 88.4%. The change in CI for this group was significant. The authors concluded that implementation of helmet treatment at a younger age resulted in more improvement in the CI.~~

~~CODs are accepted as treatment for positional cranial deformity by major organizations. This is likely due to the large number of trials encompassing a large study population that produced consistently positive outcomes with minimal reports of complications.~~

### **~~Professional Societies~~**

#### **~~American Association of Neurological Surgeons (AANS) / Congress of Neurological Surgeons (CNS)~~**

~~Evidence-based guidelines were developed by a multidisciplinary task force comprised of the Joint Section on Pediatric Neurosurgery of the AANS and the CNS recommend the following regarding the management of pediatric positional plagiocephaly:~~

- ~~• Repositioning therapy or devices may be effective as sole therapy to improve cranial asymmetry, particularly for mild-moderate deformity~~
- ~~• PT is recommended and is effective over repositioning alone for reducing the prevalence of infantile positional plagiocephaly in infants 7 weeks of age~~
- ~~• Helmet therapy is recommended for infants with persistent moderate-severe plagiocephaly after a course of conservative treatment (repositioning and/or physical therapy) (Flannery et al., 2016).~~

#### **~~American Association of Neurological Surgeons (AANS)~~**

~~In a Patient Fact Sheet on craniosynostosis and craniofacial disorders, the AANS states that when it is indicated, most experts recommend surgical treatment between the ages of 3-8 months, depending on the case and surgical procedure. They state that early intervention is beneficial for several reasons, including prevention of further deformities, the bones are most malleable at this age, bone re-growth is quicker and more likely, and rapid brain growth benefits from skull remodeling. However, the AANS does not specifically endorse any particular treatments or procedures specifically.~~

#### **~~American Academy of Pediatrics (AAP)~~**

~~The AAP endorsed the evidence-based guidelines mentioned above, developed by the multidisciplinary task force comprised of the Joint Section on Pediatric Neurosurgery of the AANS and the CNS (Lam and Luerksen, 2016).~~

~~A clinical report published by the AAP recommends educating parents of newborns about the importance of alternating laying positions while sleeping and providing "tummy time" to prevent positional cranial deformity. If deformational plagiocephaly develops, the AAP recommends mechanical adjustments such as positioning so that the rounded side of the head is placed against the mattress or rearranging the room so that the child looks away from the flattened side of the head to see others in the room. For torticollis, neck motion exercises are recommended. If these therapies prove unsuccessful, a neurosurgical consultation is recommended to ensure a proper diagnosis and to direct subsequent management, including cranial orthotics and/or surgery. The report concludes that the~~



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~~best response for helmets occurs in children aged 4-12 months due to the malleability of the infant skull and that surgery is indicated only when the deformities are severe and resistant to nonsurgical interventions (Laughlin, et al., 2011).~~

### ~~Canadian Pediatric Society (CPS)~~

~~The CPS issued recommendations for the management of positional plagiocephaly. For the management of most children with mild or moderate positional plagiocephaly, the CPS recommends repositioning therapy plus PT as needed. Molding (helmet) therapy may be considered for children with severe asymmetry. The recommendations note that helmet therapy has been shown to influence the rate of improvement of asymmetry but not its final outcome. In addition, the CPS considers the evidence regarding the use of helmet therapy for the treatment of mild or moderate asymmetry insufficient (Cummings et al., 2011. Reaffirmed 2018).~~

~~There are multiple open clinical trials studying craniosynostosis. For more information, please go to [www.clinicaltrials.gov](http://www.clinicaltrials.gov).~~

## U.S. Food and Drug Administration (FDA)

This section is to be used for informational purposes only. FDA approval alone is not a basis for coverage.

Cranial orthoses are classified by the FDA as Class II devices. This classification requires special controls, including prescription use, biocompatibility testing, and labeling (contraindications, warnings, precautions, adverse events, and instructions for physicians and parents). They are intended for medical purposes to apply pressure to prominent regions of an infant's cranium in order to improve cranial symmetry and/or shape in infants from 3 to 18 months of age, with moderate to severe nonsynostotic positional plagiocephaly, including infants with plagiocephalic-, brachycephalic-, and scaphocephalic-shaped heads. The FDA has approved a large number of cranial orthoses. Additional information, under product code MVA, is available at: <http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfPMN/pmn.cfm>. (Accessed August 11, 2022 ~~May 30, 2018~~)

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## Policy History/Revision Information

Date	Summary of Changes
<u>TBD</u>	<p><b>Coverage Rationale</b></p> <ul style="list-style-type: none"> <li>Revised language to indicate cranial orthotic devices are proven and medically necessary for treating infants following craniosynostosis</li> </ul>

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surgery or for nonsynostotic (nonfusion) deformational or positional plagiocephaly; refer to the:

- InterQual® CP: Durable Medical Equipment, Orthoses, Cranial Remodeling for medical necessity clinical coverage criteria
- Medical Policy titled *Cosmetic and Reconstructive Procedures (for Louisiana Only)* for surgical treatment to repair craniosynostosis (CPT code 21175)
- Coverage Determination Guideline titled *Durable Medical Equipment, Orthotics, Medical Supplies, and Repairs/Replacements (for Louisiana Only)* for repair or replacement of cranial orthoses

#### Applicable Codes

- Removed CPT code 21175
- Added notation to indicate CDT/HCPSC codes D5924, L0112, and S1040 are not on the State of Louisiana Fee Schedule and therefore are not covered by the State of Louisiana Medicaid Program

#### Supporting Information

- Removed *Definitions, Description of Services, Clinical Evidence, and References* sections
- Archived previous policy version CS095LA.G

## Instructions for Use

This Medical Policy provides assistance in interpreting UnitedHealthcare standard benefit plans. When deciding coverage, the federal, state or contractual requirements for benefit plan coverage must be referenced as the terms of the federal, state or contractual requirements for benefit plan coverage may differ from the standard benefit plan. In the event of a conflict, the federal, state or contractual requirements for benefit plan coverage govern. Before using this policy, please check the federal, state or contractual requirements for benefit plan coverage. UnitedHealthcare reserves the right to modify its Policies and Guidelines as necessary. This Medical Policy is provided for informational purposes. It does not constitute medical advice.

UnitedHealthcare may also use tools developed by third parties, such as the InterQual® criteria, to assist us in administering health benefits. The UnitedHealthcare Medical Policies are intended to be used in connection with the independent professional medical judgment of a qualified health care provider and do not constitute the practice of medicine or medical advice.